

# December

Follow the 12 steps  
to better health.

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Wash hands

Get your vaccinations

Monitor the children

Manage stress

Practice fire safety

Be tobacco free

Eat healthy, be active

Get exams and screenings

Fasten seat belts while driving

Prepare meals safely

Don't drink and drive

Bundle up for warmth



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

For more information on  
women's health, visit  
[www.cdc.gov/women](http://www.cdc.gov/women)

Celebrating  
20 years

CDC OFFICE  
OF WOMEN'S  
HEALTH

OF PROMOTING WOMEN'S HEALTH